



THE | SAGE

July/August 2022

Connecting Lexington residents age 60+ to information, programs, and services.

HUMAN SERVICES STAFF

Mon-Fri, 8:30 a.m. - 4:30 p.m.

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lexingtonma.gov/human-services

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TRANSPORTATION

781-861-1210

HOME DELIVERED MEALS

888-222-6171

Senior Services Director's Report:

I'm in awe of all the well wishes and love that was sent my way during my maternity leave and for our baby girl, who was born on December 28th. It's moments like these that make me realize how much I truly love working for the Lexington Senior Services Division.

As the summer is approaching I wanted to point out our walking program, Walk Massachusetts. Walk Massachusetts is a community-wide walking challenge running May 1 – October 31, 2022. Individuals who complete any of the four predetermined challenges, which can be found by visiting www.walkmachallenge.com, can win prizes for themselves as well as for Lexington Council on Aging. The money won can help us offer more health and wellness programs in the upcoming year. With the sun out and the weather nicer put on your walking shoes and help us win the prize!

Until Next Time,

Hemali Shah



Water Meter Replacement Project; Expect a Postcard in the Mail

Starting in the summer of 2021, the Town began replacing a majority of the water meters in Lexington. Residential water meter replacements began in October 2021 and is anticipated to continue through fall 2022.

Residents have begun receiving postcards in the mail, marked with the Town of Lexington's seal, requesting that they schedule an appointment. The scheduling process is made easy through both phone and online options. The actual process of replacing or retrofitting the meter will take approximately 45 minutes.

You can learn more about the water meter replacement project online at www.LexingtonMA.gov/WaterMeter, or by calling the Department of Public Works at 781-274-8300.

Town Contractor:



Human Services sign-up begins June 22 for residents/June 29 for nonresidents at 781-698-4840 or online at LexRecMa.com

Sign-Up Programs at the Community Center

Sign-up begins June 22 for residents/June 29 for nonresidents
at 781-698-4840 or online at LexRecMa.com

Sea Glass Art - *In Person*

Monday, July 11, 10:30 - 11:45 a.m.

Create some take-home art made out of sea glass. Perfect for decoration, for fun, or as a gift. No need to bring anything - all materials are provided for you. If you have sea glass at home - feel free to bring it.



July Special Lunch \$5 - *In Person*

Tuesday, July 12, 12:00 - 1:00 p.m.

Join us for pizza and salad from Bertucci's.

Sponsored by the FCOA.



Nutrition Talk: Nutrition and Cancer - *In Person*

Friday, July 15, 11:00 a.m. - Noon

Come learn how your diet can aid in the prevention and/or treatment of cancer. We will talk about how to incorporate the current recommendations into your daily diet.

Ice Cream Social - *In Person*

Wednesday, July 20, 1:30 - 2:30 p.m.

Join us for a scoop of vanilla ice-cream and toppings. **Sponsored by Care-One Lexington**



Cooking with Anastasia - Pasta with cancer-fighting meat sauce - *Virtual*, Friday, July 22, 11:00 - Noon

We'll prepare a classic favorite, the Greek version of pasta Bolognese but with a cancer-fighting twist.

Positive Life Circle - Peer Led Group - *In-Person*

Tuesday, July 26, 2:00 - 3:00 p.m.

This program is led by Mary French and will focus on the positive aspects of life. We will be using the five senses as well as some guided meditation.

Boost Your Brain Health - *In Person*

Wednesday, July 27, 1:30 - 2:30 p.m.

Current research shows that diet can boost your brain health, at any age! Learn how our easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory!

Sponsored by Concord Park.



Expressive Art - Tie Dye Scarves - *In Person*

Monday, August 8, 10:00 - 11:45 a.m.

We had so much fun last year that we are bringing back tie dye magic! We will be creating on scarves! You will get messy, please wear old clothes.



Brain Healthy Cooking for one - *In Person*

Wednesday, August 10, 1:30 - 2:30 p.m.

Concord Park chefs will show you how to prepare multiple tasty dishes out of a short list of healthful staples, helping you cut the waste and stretch your shopping budget.



Louisa Girls - *In Person*

Tuesday, August 16, 2:00 - 3:00 p.m.

The Delvena Theatre Company presents *Louisa's Girls*, an artistic interpretation of the beloved story of *Little Women*. Funded in part by a grant from the Lexington Cultural Council, which is supported by the Massachusetts Cultural Council.



Technology with Howard - *In Person*

Wednesday, August 17, 11:00 a.m. - 1:00 p.m.

One-on-one 20 minute appointments. Have a question about your phone, tablet or laptop? Let Howard help you with your questions.

Nutrition Talk: Hydration in the Older Adult - *In Person*

Friday, August 19, 11:00 a.m. - Noon

Learn about the importance of adequate hydration and ways to help meet your daily fluid requirements.

Coffee, Pastries & Trivia - *In Person*

Monday, August 22, 10:30 - 11:30 a.m.

Lets celebrate Senior Citizen Day having some fun playing trivia. **Sponsored by Atria Senior Living.**



Positive Life Circle - Peer Led Group - *In-Person*

Tuesday, August 23, 2:00 - 3:00 p.m.

Join Mary French as we reconnect with positive experiences in our lives.

Summer BBQ - *In Person*

Thursday, August 25, 12:00 - 1:00 p.m.

Enjoy pulled pork, bbq chicken, mac & cheese, cole slaw and dessert. **Sponsored by the Lexington Lions Club.**



Cooking with Anastasia - Greek potato salad & classic

Cretan salad - Virtual, Friday, August 26, 11:00 - Noon

We'll prepare two classic summer salads that make a complete meal originating from different parts of Greece.



Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.

Trips

Narragansett Lighthouse Cruise, Tuesday, August 23 \$99 (resident) \$109 (NR)

Travel to Rhode Island for a maritime experience. Arrive at the Quonset Point Officer's Club for a delicious full course luncheon. Menu includes a garden salad, entree of fresh baked scrod or baked chicken with lemon, mashed potatoes and green beans and chocolate cake for dessert. After lunch you'll board the Millenium Ferry for a narrated Narragansett Bay Lighthouse tour, including ten beautiful lighthouses and a Newport Harbor tour. You'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights.



Depart: 9:00 a.m. (LCC) Return: 5:30 p.m.

Maine's Famous "Bull and Claw" Lobster Bake Thursday, September 22, \$89 (residents) \$99 (NR)

Travel along the coast past scenic towns and attractions until arriving in Wells. Enjoy a Lobster Feast at the Bull and Claw beginning with a cup of Clam Chowder, sauteed mussels, fresh Maine clams, tossed green salad, and an entree choice of Maine lobster, prime rib or cranberry stuffed chicken breast. After departing, you'll continue along the Atlantic Seacoast and make a visit to scenic Ogunquit, where you'll have time to visit the quaint shops. Finally you'll visit "When Pigs Fly Bakery" for their old world artisan breads.



Depart: 9:00 a.m. Return: 6:30 p.m.

Trip Policy/Sign Up: Payment (cash, check or credit card) required at sign-up. ***Sign up starts right away as we need to meet minimum requirement so the trip isn't cancelled.*** Itinerary subject to change upon discretion of the tour guide.

Fox Tours is offering Trip Tour Waiver Fee

For a fee of \$10 per person per trip, you may cancel your reservation at any time for any reason without any penalty charges. No doctor's note is required. **You must pay the \$10 directly to Fox Tours. Policy available starting with July trips.** You can pick up waiver at Lexington Community Center or email us humanservicesoffice@lexingtonma.gov

Refunds: If you do not purchase Fox Tours insurance you must provide 10 business days prior to the trip to be eligible for a refund.

Important. Masks are not required on the bus. FoxTours is recommending all passengers have the COVID-19 vaccine as a pre-requisite to travel.

Free Drop-In Programs

Needles Club:

Mondays, July 11 - August 29, 2:00 - 4:00 p.m.

Watercolors:

Tuesdays, July 5 - August 30, 10:00 a.m.

Indian Seniors of Lexington Group:

Tuesdays, July 5 - August 30, 10:00 a.m.

World Affairs:

Tuesdays, July 5 - August 30, 1:15 p.m.

Mahjong:

Wednesdays, July 6 - August 31, 10:00a.m.

Bridge:

Wednesdays, July 6 - August 31, 1:00 p.m.

Cornhole:

Wednesdays, July 6 - August 31, 1:30 p.m.

Canasta:

Thursdays, July 7 - August 25, 11:00 a.m.

Current Events:

Fridays, July 1- August 26, 1:15 p.m

Computer & Technology Group - Zoom

Wednesdays, July 6 - August 31, 10:00 a.m.

To sign-up: LCTG-subscribe@toku.us



Movies - Tuesdays at 1:15 p.m.

House of Gucci - July 12

Crime Drama, Drama Based on the Book, R (157 min.)

American Underdog - July 26

Drama, Faith & Spirituality, PG (112 min.)

Marry Me - August 9

Romantic Comedy, PG-13 (112 min.)

Death on the Nile - August 23

Crime Thrillers, PG-13 (127 min.)

We do our best to show current movies.

Movies rated R may contain nudity, profanity, and crude language.



Podiatry Clinic

Monday, July 11, 8:30 - 11:45 a.m.

Monday, August 8, 1:00 - 4:00 p.m.

Dr. Dan Seligman provides 10-minute appointments for trimming and filing ONLY. \$35 cash or check payable to the doctor. 24 hours notice required for cancellation.

Sign up begins June 22 at 781-698-4840.

Please note: appointments are made in order.

Fix-It Shop

Your local hub for small household repairs!



Open Tuesday, Wednesday & Thursday. 9:00 - 11:45a.m.

Accepting repairs by appointment only.

Please call 781-698-4866 or 781-698-4840.

There is a \$5 service fee for non-residents.



Monday	Tuesday	Wednesday	Thursday	Friday
Key Code: Registration Req. * Fee for program \$				1 12:00 - LexCafe \$ * 1:15 - Current Events
4 CLOSED 	5 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs 5:30 - Caregivers	6 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	7 11:00 - Canasta 1:30 - Alz. Caregiver	8 12:00 - LexCafe \$ * 1:15 - Current Events
11 8:30 - Podiatry \$ * 10:30 - Sea Glass * 12:00 - LexCafe \$ * 2:00 - Needles Club	12 10:00 - Watercolors 10:00 - Indian Seniors 12:00 - Pizza Lunch \$* 1:15 - World Affairs 1:15 - Movie	13 10:00 - Mahjong 10:30 - Blood Pressure 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	14 8:30 - Trip \$ * 11:00 - Canasta	15 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events
18 12:00 - LexCafe \$ * 2:00 - Needles Club	19 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs	20 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Ice Cream * 1:30 - Cornhole	21 11:00 - Canasta 1:30 - Alz. Caregiver	22 11:00 - Cooking with Anastasia * 12:00 - LexCafe \$ * 1:15 - Current Events
25 12:00 - LexCafe \$ * 2:00 - Needles Club	26 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs 1:15 - Movie 2:00 - Positive Life Circle *	27 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 1:30 - Brain Health *	28 11:00 - Canasta	29 12:00 - LexCafe \$ * 1:15 - Current Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 12:00 - LexCafe \$ * 2:00 - Needles Club	2 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs 5:30 - Caregivers	3 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 2:30 - COA Meeting	4 11:00 - Canasta 1:30 - Alz. Caregiver	5 12:00 - LexCafe \$ * 1:15 - Current Events
8 12:00 - LexCafe \$ * 10:00 - Exp. Art * 1:00 - Podiatry \$ * 2:00 - Needles Club	9 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs 1:15 - Movie	10 10:00 - Mahjong 10:30 - Blood Pressure 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 1:30 - Brain Healthy Cooking *	11 11:00 - Canasta	12 12:00 - LexCafe \$ * 1:15 - Current Events
15 12:00 - LexCafe \$ * 2:00 - Needles Club	16 10:00 - Watercolors 10:00 - Indian Seniors 11:45 - Indian Lunch \$* 1:15 - World Affairs 2:00 - Louisa Girls *	17 10:00 - Mahjong 12:00 - LexCafe \$ * 11:00 Tech w/Howard * 1:00 - Bridge 1:30 - Cornhole	18 11:00 - Canasta 1:30 - Alz. Caregiver	19 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events
22 10:30 - Trivia & Pastry * 12:00 - LexCafe \$ * 2:00 - Needles Club	23 9:00 - Trip \$ * 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs 1:15 - Movie 2:00 - Positive Life Cycle *	24 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	25 11:00 - Canasta 12:00 - Summer BBQ*	26 11:00 - Cooking w/Anastasia * 12:00 - LexCafe \$ * 1:15 - Current Events
29 12:00 - LexCafe \$ * 2:00 - Needles Club	30 10:00 - Watercolors 10:00 - Indian Seniors 1:15 - World Affairs	31 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole		

Transportation

Smart Cycling Course in Lexington!

Saturday, August 20, 1:00 - 4:30 p.m.

Join this class to gain skill and confidence in bicycling! Learn rules of the road, safety tips, and practice handling skills, understand best bike fit, helmet fit, basics of bike maintenance, and enjoy an escorted road ride to end the session! Visit the events listings at www.lexbikewalkbus.org for registration link.

MBTA Bus Network Redesign

The MBTA is evaluating its bus network and has proposed changes. Nothing is final and public meetings are ongoing. You can find information at:

<https://www.mbta.com/projects/bus-network-redesign>

MBTA Senior Charlie Cards Online!

You can apply for Senior Charlie Cards online!

<https://www.mbta.com/fares/reduced/senior-charliecard>

MBTA Bus Schedules

The schedule changes every few months. Please review the schedules online for Route 62 & 76 and the combined 62/76: www.mbta.com We also keep paper schedules at the Community Center, Cary Library, and Town Office Building. We also have one stop of Route 78 in Lexington!

Lexpress Bus Service

Lexpress is still free for seniors and people with disabilities midday from 9:30 a.m.-2:30 p.m. and just .75 cents outside of those hours! Visit www.lexpress.us for more info.

As this SAGE newsletter is developed many months before distribution, please check the Lexpress website for any updates to routes or schedules. Don't live on a route? Call us to see if a route deviation is possible! 781-861-1210

Options if you can't ride Public Transit

If you are unable to ride public transit due to physical, mental, or cognitive limitations, we recommend you apply for The Ride or RideFLEX. These programs serve a 58 town area and operate 365 days a year with longer service hours than other services. Rides are also much more affordable than other services. RideFLEX provides rides via Uber/Lyft, whereas the standard Ride is a better option for those that need assistance to/from their door or help carrying groceries or bags to their door. To learn more visit:

<https://www.mbta.com/accessibility/the-rideTransGal1979!>

Free rides to Medical Ride Appointments

Call FISH at 781-861-9300 between 9AM-1PM two days before your appointment. (Note, they are also accepting volunteers if you are interested in volunteering for this fabulous program!)

Lex-Connect Taxi

This is a subsidized taxi program providing discounted rides to 17 area towns. You can purchase your vouchers online. Visit our website: www.lexingtonma.gov/transportation-services

Outreach

Blood Pressure Clinics

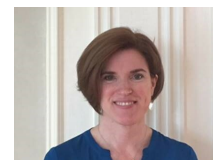
Wednesday, July 13, 10:30 a.m. - Noon

& August 10, 10:30 a.m. - Noon

(Drop-in to the Wellness Room, no registration required.)



Barbara Collins is a registered dietitian nutritionist working with seniors on life changes in regards to nutrition and healthy eating. She also runs an intuitive eating support group.



Barbara is available for one-on-one appointments to discuss diet and nutrition options for seniors.

Barbara's hours are 10:00 a.m. – 2:00 p.m. on Fridays.

To make an appointment call 781-698-4840.

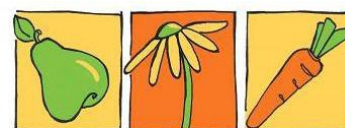
Using SNAP at Farmer's Markets & HIP

Did you know you can use your Snap EBT card at farmers markets, farm share programs, and farm stands? Simply look for the vendors who have a SNAP sign up at their stand. These same vendors also participate in the SNAP program called HIP (Healthy Incentives Program). HIP gives you access to \$40 additional dollars each month towards fresh fruit and vegetables purchased at farmers markets, farms stands, and CSA's. The amount of additional HIP dollars is \$40 for a household size of 1-2 people, \$60 for 3-5 people, and \$80 per month for a household with 6+ people. For every dollar you spend at a HIP vendor at a farmers market, a dollar goes back onto your EBT card, each calendar month. HIP will put the SNAP dollars you spend on HIP produce back onto your EBT card instantly. Once the money has been put back on your EBT card, you can spend it at any SNAP retailer. You don't have to sign up for HIP, it is automatically a part of your SNAP account. To apply for SNAP, call Human Services at 781-698-4840. We can answer any questions you may have regarding SNAP and HIP, too. You can also visit mass.gov/hip for more information on HIP, and you can apply online for SNAP on any device by visiting DTAConnect.com. Lexington Council on Aging, in partnership with Minuteman Senior Services, offers farmer's market coupon for those who financially qualify. Call Hemali Shah at 781-698-4842 or visit www.lexingtonfarmersmarket.org for more information.

The Lexington Farmers Market

Tuesdays, through October 25

2:00 - 6:30 p.m. - Worthen Road Practice Field



Lexington Farmers' Market

Community News

Lexington Recreation and Community Programs

FREE Family Campout

**Friday, August 19 at 3:00 p.m. to
Saturday, August 20 at 10:00 a.m.**

What better way to celebrate the great outdoors than camping out under the stars at the Lexington Community Center? Bring your tent and sleeping bag, we'll bring the fun!

- S'mores
- Singing
- Games
- Campfire

Check in will begin at 3:00 p.m. on Friday. Preregistration is required.



Aqua Aerobics at the Town Pool Facility Monday - Friday from 12:00 - 1:00 p.m.

\$7/class; \$32/week; \$225/season

Classes will begin June 27 and be offered through August 19. Get your body moving and your heart rate up with this aerobic class in the pool. Use of barbells to work your entire body! You must have a swim pass membership to register.

Summer Fitness Classes at the Community Center

will begin the week of July 10 and run for 8 weeks. For more information or to register, please visit

www.lexrecma.com

Volunteer Opportunities Available

Looking for a way to help out the community? Consider volunteering at the Lexington Community Center!

Currently we are looking for help with front desk duties, but there are other various positions throughout the Community Center available for the right candidate!

For more information and to fill out an application, contact Paula at 781-698-4845.

Lexington Meet, Walk & Talk for Seniors Mondays, 10:00 - 11:00 a.m.

We meet every Monday morning to walk & talk near Cary Memorial Library main entrance.

Feel free to forward to others who might be interested.

Please contact Sudhin Kocheta, 339-293-9027

skocheta@gmail.com, +919388475882 (WhatsAPP)



The OWLL Fall Reception

Please join us at the OWLL fall reception, to be held **via Zoom** on Thursday, September 8, 2022, at 4:00 p.m. The fall instructors will be previewing their courses. Mark your calendars. **Registration for this event opens on August 17.**



Preview of OWLL's Fall Courses

Course details and registration information will be available this fall in the September-October issue of the Sage, which will be coming out in August, and also online at Friends of the Council on Aging friendsoftheco.org. Starting August 17, you will be able to register for fall courses at LexRecMa.com or by phoning 781-698-4840.

Fall 2022 Courses

- **Challenges and Problems: South Africa and Its Neighbors in an Era of Populism**, with Robert Rotberg; **On Zoom**.
Robert Rotberg brings his broad knowledge of Africa to this timely topic.
- **"Living in the Along": Learning from the Poetry of Gwendolyn Brooks**, with Tom Daley; **On Zoom**.
This course will examine the poetry of Gwendolyn Brooks, with special attention to her use of formal poetic structures and her political commentary.
- **Medieval Music Masterpieces**, with Laura Zoll; **On Zoom**.
Revel in the glories of Medieval music, from Gregorian chant through the troubadours to the beginnings of music notation and classical harmony.
- **Looking for Life in All the Right Places**, with Bruce Ward; **In Person**.
Life on Earth needs three things – energy, chemistry, and water. Using discovery-based activities, we will investigate their occurrence here and in the solar system.
- **Memoir Writing**, with Chris Worcester; **In Person**.
Do you have a remarkable moment in your life? A pivotal point to examine, clarify, or share? This **introductory** workshop explores basic techniques to guide your writing process.
- **Shakespeare's *The Merchant of Venice* In and For Our Times**, with Elizabeth Kenney; **In Person**.
Have some serious intellectual fun engaging with Shakespeare's controversial play through close reading.

Sign-up begins August 17 for residents/August 24 for nonresidents at 781-698-4840 or online at LexRecMa.com

Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

Deliver to Current Resident



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U.S. POSTAGE

PAID

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59348

Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Lex Cafe - Senior Dining (age 60 plus)

Lunch: Monday, Wednesday, and Friday, 12 noon. To make a reservation or cancellation please call Despina at 781-325-1613 by 10:00 a.m. the previous day. Weekly menus can be found in the dining room at the Community Center or on-line at <https://www.lexingtonma.gov/human-services/senior-services>. Suggested donation is \$2. Menus subject to change. Deluxe meal site is coordinated by Minuteman Senior Services.

Minuteman Senior Services Indian Meal (age 60 plus)

Join us the first and third Tuesday of the month from 11:45 a.m. to 12:45 p.m. for a vegetarian Indian meal.
*Sign-up for July 5 begins June 27 and ends July 1 at 10 a.m., July 19 begins July 11 and ends July 15 at 10 a.m.
Sign up for August 2 begins July 25 and ends July 29 at 10 a.m., August 16 begins August 8 and ends August 12 at 10 a.m*

Food orders are called in the Friday before the lunch - no exceptions.

Suggested donation is \$2. To make a reservation or cancellation please call Despina at 781-325-1613.

Newsletter

The Sage newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Offices, Cary Library, or at the Community Center. Please consider helping us "Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email
To be removed from the Post Office mailing please email gjefferson@lexingtonma.gov

The Friends of the Council on Aging (FCOA)

Suzanne Caton * Peter Holland, President * Sudhir Jain * Janice Kennedy

Mickey Khazam * Lorain Marquis * Shirley Stolz * Jane Trudeau * Chris Worcester * Emery Wilson

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. The FCOA does not meet in the Summer. For more information please visit their website at <http://www.friendsoftheco.org>. If you would like to make a donation to the FCOA, there are donation envelopes at the Community Center. Mail to P.O. Box 344, Lexington, MA 02420.

The Council on Aging Board

Julie Barker * Betty Borghesani * Ellen Cameron, Vice-Chair * Camille Goodwin * Sudhir Jain

Jyotsna Kakullavarapu * Sue Rockwell * Julie Ann Shapiro, Co-Chair * Sandra Shaw

Bonnie Teitleman, Secretary * John Zhao, Co-Chair

The COA Board meets monthly. The next meeting is **August 3**

from 2:30 - 4:00 p.m. Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

Your Public Officials

Jill Hai, Chair * Douglas M. Lucente, Vice-Chair * Joseph N. Pato * Suzanne E. Barry * Mark Sandeen

The Select Board members have office hours by appointment only to meet with interested citizens to receive comments, suggestions, and concerns. Reach the Select Board's Office by phone at 781-698-4580 or at <https://www.lexingtonma.gov/select-board>